

7 DAY HEALTH CHALLENGE

IDEAS TO FOLLOW

THINGS TO OMIT

1. No Gluten
2. No Processed Food
3. No Sugar
4. No Dairy
5. No Alcohol
6. Limited / No Carbs

EXERCISE

30 MINUTES
6 DAYS
A WEEK

THINGS TO EAT / DRINK

1. All Fresh & Frozen Vegetables
2. All Fresh & Frozen Fruits
3. Lean Animal Protein
4. Legumes / Tofu
5. Eggs
6. Nuts, Seeds, Dried Fruit
7. Some Wholegrains eg Quinoa
8. Good Fats eg Olive Oil
9. Water
10. Sugar Free Vegetable Juice
11. Herbal Teas / Green Tea
12. Apple Cider Vinegar
13. Fresh or Dry Herbs & Spices
14. Nut Milks & Yogurts

6 PERSONAL HABITS TO IMPLEMENT / TRACK

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

MY 7 DAY GOALS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

MY WEIGHT TRACKER

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

7 DAY HEALTH CHALLENGE

ALL THE AMAZING NUTRITION I HAVE GIVEN MY BODY!

VEGETABLES

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.

LEANS MEATS / PROTEINS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

FRUITS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

OTHER

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

7 DAY HEALTH CHALLENGE

FOOD TRACKER

DAY	BREAKFAST
SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

DAY	LUNCH
SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

DAY	DINNER
SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

DAY	SNACKS
SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

7 DAY HEALTH CHALLENGE

HABITS



SUN MON TUE WED THU FRI SAT

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